

# TRAINING GRADUATES

## Fitness Instructor Training Program

The Office of Staff Development and Training congratulate the following OSDT Instructors on completing the OSDT Fitness Instructor Training Program, which was held at the OSDT Western Region Training Center from April 7 – 16, 2014. This fifty-six (56) hour program provides specialized certifications to administer the Correctional Officer Physical Abilities Test (COPAT) along with instructing personnel within the Department of Public Safety / Adult Correction and Juvenile Justice in the Employee Fitness and Wellness Training Program. Instructors were introduced to fitness and wellness as they relate to the COPAT Assessment and the overall fitness and wellness of the human body. The course provided training on coronary risk factors, human anatomy, exercise and safety, flexibility training, cardiovascular training, nutrition training and behavior change. Instructors participated in numerous physical fitness sessions that included circuit training and an individual physical fitness assessment. Instructors were provided information and the necessary knowledge to assist DPS employees in meeting their wellness goals along with performing the essential job functions. Instructors participated in and successfully completed several proficiency examinations which consisted of each instructor demonstrating the ability to perform all techniques as required by the training program. Instructors also demonstrated the ability to deliver the COPAT Assessment and completed a written examination. Please join us in congratulating the newest OSDT Fitness instructors.



**Front:** Herbert Lewis and Demetrius Vick **Front Row:** (L to R) OSDT Fitness Instructor Jesse Swartz, Landon Hicks, Jerry McCaskill, Keetra Sturdivant, OSDT Fitness Instructor Robby Millard **Second Row:**(L to R) Danny Orders, Michael Williams, Rodney Moore, Brad Hendricks